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5 THINGS YOU NEED TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

The beloved coinage of the Southeastern Pennsylvania Transport Authority that could get you around town will soon be no more, to be replaced by the SEPTA Key. If you're jonesing for some tokens, they will only be on sale for one more month. Read more on the phase-out on page 4 and at **metrophilly.us**.

TRUMP TWEETS THAT ANY DACA DEAL IS NOW OFF

1 President Donald Trump said on Sunday that there will be no deal on legalizing the status on young adult immigrants known as Dreamers, declaring on Twitter that the U.S.-Mexico border is becoming more dangerous. After tweeting a "Happy Easter" message, Trump followed with: "Border Patrol Agents are not allowed to properly do their job at the Border because of ridiculous liberal (Democrat) laws like Catch & Release. Getting more dangerous. 'Caravans' coming. Republicans must go to Nuclear Option to pass tough laws NOW. NO MORE DACA DEAL!" DACA (Deferred Action for Childhood Arrivals) is the program created in 2012 under Democratic former President Barack Obama that Trump sought to rescind last autumn. "Mexico has got to help us at the border," the president told reporters on his way into an Easter church service. "A lot of people are coming in because they want to take advantage of DACA. They had a great chance. The Democrats blew it." His DACA tweets came shortly after a report on Fox News that a "caravan" of mostly Honduran migrants was crossing Mexico and headed to the U.S., "either illegally or by asking for asylum." ***Read more on page 10.***

KEY GOP SENATOR GIVES WARNING ON SYRIA

2 A senior Republican senator on Sunday warned President Donald Trump against pulling U.S. troops from Syria, saying it would lead to a resurgence of Islamic State and increased Iranian sway over the Syrian government in Damascus. "It'd be the single worst decision the president could make," Republican Sen. Lindsey Graham, a member of the Senate Armed Services Committee, said on the Fox News Sunday program. "We got ISIL on the ropes. You want to let 'em off the ropes, remove American soldiers," Graham said, using an acronym for Islamic State. With Islamic State having lost almost all the territory it once held in Syria, Trump has told advisers he wants an early exit of U.S. troops. That position appears to put the president at odds with U.S. military officials, who see the fight against Islamic State as far from complete. The White House's National Security Council is expected to meet early next week to discuss the U.S.-led campaign against Islamic State in Syria. An administration official told Reuters that Trump's advisers believe the U.S. military needs to stay in Syria in small numbers for at least two more years.

UNREST IN THE GAZA STRIP

3 Protesters run during clashes with Israeli security forces following a demonstration near the border with Israel along the Gaza Strip on March 31, 2018. The UN Security Council heard fears of a further escalation in Israeli-Palestinian violence in the Gaza Strip during emergency talks Friday, despite a failure to agree to a joint statement on the deadly clashes. ***Read more on page 11.***

GETTY IMAGES

NORTH KOREAN LEADER WARMS TO SOUTH'S MUSIC

4 North Korean leader Kim Jong Un was among the hundreds in Pyongyang on Sunday watching South Korean K-pop singers perform in the North for the first time in more than a decade as tensions between the two countries thaw. It was the first time a North Korean leader had attended a South Korean performance in the capital. Sunday's two-hour concert in Pyongyang came as South Korea's engagement with North Korea has continued to grow since Kim Jong Un expressed his willingness for more contact between the two countries, which have set a date for their first summit in more than a decade on April 27. The same South Korean singers will hold a joint concert with North Korean performers on Tuesday at the Ryukyung Chung Ju Yung Gymnasium, a joint project between the North and South for cultural and economic exchange.

EPA CHIEF PRUITT UNDER FIRE AMID CONDO SCANDAL

5 Environmental Protection Agency chief Scott Pruitt may not survive long in his job after reports that he paid below market rate to live in a condo owned by a lobbyist who deals with issues overseen by his agency, lawmakers and a former Trump official said in television interviews on Sunday. On Friday, ABC News and Bloomberg News reported that during Pruitt's first six months in Washington last year, he made a deal to pay about $50 a night — less than a third the price of similar properties — to rent a room in a Capitol Hill neighborhood condo building co-owned by energy industry lobbyist Steven Hart and his wife. "I don't know how you survive this one, and if he has to go, it's because he never should have been there in the first place, said Chris Christie, the Republican former governor of New Jersey, on Sunday on ABC News' "This Week."

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SEPTA tokens enjoy their swan song

Those groovy coins that got you around the city will soon be no more.

SAM NEWHOUSE
sam.newhouse@metro.us

SEPTA is continuing to phase out its famous tokens, even as the beloved coins take on an extra-special meaning to nostalgic Philadelphians who see them as a reminder of Philly's past.

All SEPTA bus districts will stop selling tokens and TransPasses at 5 p.m. on Monday, marking the token's final month. As of April 30, all SEPTA-operated locations will halt selling tokens.

"The end of token sales represents a major step forward in the implementation of the SEPTA Key," SEPTA general manager Jeffrey D. Knueppel said in a statement. "For customers who are still using tokens or other legacy fare products, now is a great time to move to the future of fare payment with the SEPTA Key."

It's all part of the transition toward the SEPTA Key and away from coins, one that other cities made years ago (New York City stopped selling token in 2003, Boston in 2006). Since January, SEPTA has been phasing out token vending machines and ending sales at more and more stations.

> **"... now is a great time to move to the future of fare payment with the SEPTA Key."**
>
> SEPTA General Manager Jeffrey D. Knueppel

To forward-thinking Philadelphians, the Key makes sense, although it comes with a bit of a learning curve. Instead of buying a single ride at a time, you can use SEPTA Key kiosks to put a weekly or monthly pass on your card, or load individual fares on to the "Travel Wallet," and you can do all of it at a kiosk or via computer. If you want a single ride you can buy that too, known as a "Quick Trip."

Most token turnstiles have long since been removed from most SEPTA stations. To use a token at these stations you have to drop them in the teller's window, or load them on to a SEPTA Key Travel wallet. But stodgy Philadelphians have been resistant to changing their transit habits.

Despite more than five million rides on SEPTA Key and more than 25,000 SEPTA Keys sold so far, SEPTA commuters told Metro they would "never buy that piece of junk," as one older woman said of a SEPTA Key kiosk.

"I have always used tokens," Temple employee Rachel Cox told Metro, saying that after token turnstiles disappeared, having to wait in line at the teller's window to deposit a token messed up her commute."What can we do? I really don't want to support the Key in any way but it's starting to hamper my lifestyle … Yes, you can put a token in the Septa Key machine, but the lines there can be even slower than the teller window. That's a pathetic solution."

Token sales are being gradually phased out from Regional Rail stations through April 6, paving the way for implementation of the SEPTA Key.
ALL PHOTOS BY CHARLES MOSTOLLER

For now, even if you're frustrated, don't throw your tokens in the recycling bin just yet, because they're still good for the price of one ride.

"SEPTA will continue to accept purchased tokens for the foreseeable future," SEPTA spokesman Andrew Busch said in an email. "Customers are reminded that tokens can be loaded onto SEPTA Key cards, with the full value added to the Travel

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Wallet."

In the meantime, if you really love tokens, you can wear them. Artists at shops like Token of Affection on Etsy and Vix Emporium in West Philly are selling jewelry designed to incorporate tokens. Prices range from $12 to $25 a piece.

Getting a SEPTA Key will be free when buying a transit pass or loading a Travel Wallet through April 30. After that, a $4.95 fee will be in effect to purchase a new Key.

Third-party retailers and social service agencies that acquire tokens in bulk will be the last sources of tokens after April 30.

The SEPTA Key Mobile Truck will be at bus districts this week helping people make the switch to the Key as those locations stop selling tokens: at Allegheny District on March 30, Germantown District on March 31, and Callowhill District on April 2.

Token sales are being gradually phased out from Regional Rail stations through April 6.

For more information, visit septa.org/key.

A SEPTA Key interface

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Cosby, pictured leaving an August 2017 court date, is set to go on trial for sexual assault. GETTY IMAGES

Judge won't remove himself from Cosby assault retrial

The judge's wife is an advocate for sexual assault victims.

The judge presiding over comedian Bill Cosby's trial for sexual assault on Thursday rejected a defense request that he remove himself from the trial because his wife is an advocate for sexual assault victims.

"She's an independent woman and has a right to be involved in anything she believes in," Montgomery County Judge Steven O'Neill said in court.

O'Neill is hearing two days of arguments on legal motions that will shape the second trial of Cosby, 80, who faces accusations of drugging and assaulting Andrea Constand, 44, at his home near Philadelphia between Dec. 30, 2003, and Jan. 20, 2004.

Cosby's first trial ended in June with a mistrial after the jury failed to reach a unanimous verdict following six days of deliberations.

The entertainer had been best known as the wise and witty dad in the 1980s TV hit "The Cosby Show" before more than 50 women came forward to accuse him of sexually assaulting them in incidents dating back decades. All those accusations but Constand's were too old to be the subject of prosecution.

Cosby has denied criminal wrongdoing, saying any sexual contact he had was consensual.

His defense team sought the judge's recusal because his wife, Deborah O'Neill, made a $100 donation to a feminist group at the University of Pennsylvania sponsoring the annual V-Day activities that take place at many college campuses, often including a production of the play "The Vagina Monologues."

Deborah O'Neill is a psychotherapist at Penn who coordinates a group that helps sexual assault victims.

"Put yourself in our shoes," defense counsel Thomas Mesereau told the judge. "Understandably, we are concerned."

The judge said he researched the donation and found it was made by his wife with university funds, not "marital assets."

"She's an independent woman and has a right to be involved in anything she believes in."

Montgomery County Judge Steven O'Neill, discussing his wife

O'Neill also must rule on whether some witnesses will be allowed to testify at the retrial, which is scheduled for April 2.

Cosby's lawyers want to call as a witness Margo Jackson, who worked with Constand at Temple University, and had said that the former administrator for the school's basketball team said she could make money by accusing a celebrity of drugging and assaulting her.

In the first trial, O'Neill ruled Jackson's testimony was inadmissible because it was hearsay but now is reconsidering with further information about what she heard.

Prosecutors will ask O'Neill to exclude information from Montgomery County District Attorney Kevin Steele's 2015 election campaign, in which he promised to revive the Cosby criminal case. REUTERS

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Will Trump win in 2020? Most Americans don't think so

Although Trump's approval ratings have been rising, a new poll shows that a majority of Americans don't believe he will win in 2020.

MICHAEL MARTIN
letters@metro.us

In a potentially worrying sign for Republicans, a majority of independents think President Trump will lose a bid to be re-elected. GETTY IMAGES

More than half of Americans think President Donald Trump won't be re-elected in 2020,a new poll shows. But Barack Obama faced the same numbers at an equivalent point in his presidency.

In the CNN survey, 54 percent of respondents said they thought voters would give Trump the boot after his first time. The same percentage said that about Obama in 2010. Only 40 percent of Americans said they thought Trump would be re-elected. Obama did a bit better there, but not much: 44 percent gave him the thumbs-up. But Obama's overall approval ratings were significantly higher at this point in his presidency.

Republicans overwhelmingly believe Trump will be re-elected (79 percent). Democrats overwhelmingly believe he won't (87 percent). But in a potentially worrying sign for Republicans, a majority of independents think Trump will lose.

With Trump's approval numbers hovering in the mid-30s for much of his first year, there has been speculation that Trump will face a primary challenge for the 2020 Republican nomination. But in the CNN poll, 75 percent of Republicans said they thought Trump should get the nomination.

In terms of the Democrats' 2020 prospects, former Vice President Joe Biden leads the field of potential nominees. Eighty-four percent said they would support a Biden bid. The next most supported candidates were Sen. Bernie Sanders (I-VT) and Sen. Elizabeth Warren (D-MA); 75 percent and 68 percent of respondents said they would back them.

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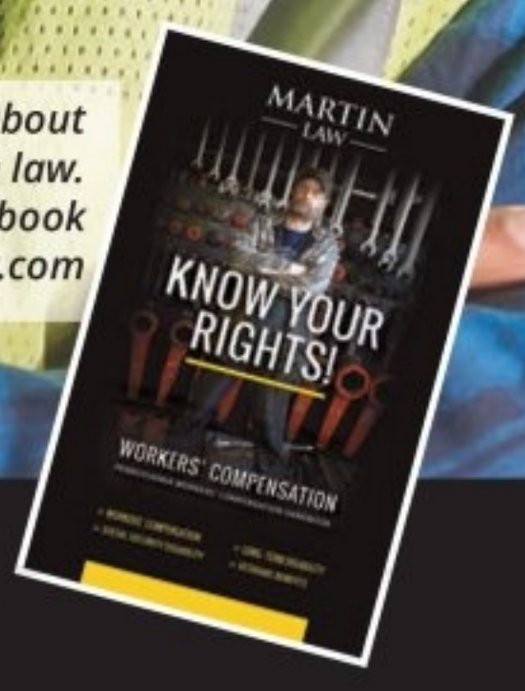

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President Trump on Sunday tweeted that he no longer supports a DACA deal. GETTY IMAGES

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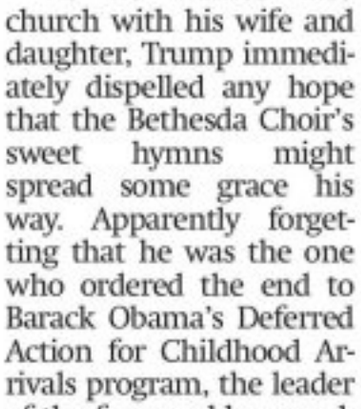

Christ has died, Christ has risen — Donald Trump is going to insult again.

What? You thought that Easter, the holiest day of the Christian calendar, might soften the heart of America's insult-spewing president?

Then, you probably also believe in the Easter Bunny! Anyone hoping for a modern miracle is feeling now like an April fool!

The only question in Palm Beach on Sunday was which of God's children would get Trump-slimed first, as Donald, Melania and oh-yeah-she's-my-other-daughter Tiffany Trump headed off to a joyous Easter service at Bethesda-by-the-Sea Episcopal Church. Bethesda is a special place for the Trumps. It's where Melania and Donald were married and where son Barron was baptized.

"Trump was on the Twitter machine, hurling Easter stink-eggs at — you probably guessed it — the Mexicans."

Ellis Henican

Would it be the Mexicans? The Democrats? The DACA kids? Really, anyone could be targeted next on this blessed day.

We didn't have to wait long to find out. Even before the 11 a.m. service, Trump was on the Twitter machine, hurling Easter stink-eggs at — you probably guessed it — the Mexicans. After a pro-forma "HAPPY EASTER!" he lit right in:"Mexico is doing very little, if not NOTHING, at stopping people from flowing into Mexico through their Southern Border, and then into the U.S. They laugh at our dumb immigration laws. They must stop the big drug and people flows, or I will stop their cash cow, NAFTA. NEED WALL!"

Then, he promptly turned his Easter fire on the DACA kids, publicly rescinding his support for any deal with Democrats that might legalize undocumented immigrants brought here as children: "NO MORE DACA DEAL. These big flows of people are all trying to take advantage of DACA. They want in on the act!"

As he walked into church with his wife and daughter, Trump immediately dispelled any hope that the Bethesda Choir's sweet hymns might spread some grace his way. Apparently forgetting that he was the one who ordered the end to Barack Obama's Deferred Action for Childhood Arrivals program, the leader of the free world sneered: "They had a great chance. The Democrats blew it."

Asked if all this meant he was giving up entirely on the undocumented children, he started walking and didn't turn back.

Happy Easter Monday, everyone.

Metro columnist Ellis Henican is the best-selling author of a dozen books, including "TRUMPITUDE: The Secret Confessions of Donald's Brain." Join him on Twitter @henican.

Pope, in Easter address, says 'defenseless' being killed in Holy Land

Pope Francis giving his Easter address on Sunday. GETTY IMAGES

Pope Francis, in his Easter address on Sunday, called for peace in the Holy Land two days after 15 Palestinians were killed on the Israeli-Gaza border, saying the conflict there "does not spare the defenseless."

The pope made his appeal in his "Urbi et Orbi" ("to the city and the world") message from the central balcony of St. Peter's Basilica to tens of thousands of people in the flower-bedecked square below where he earlier celebrated a Mass.

He also appealed for an end to the "carnage" in Syria, calling for humanitarian aid to be allowed to enter, and for peace in South Sudan and the Democratic Republic of Congo.

Francis appeared to refer directly to the Gaza violence last Friday, calling for "reconciliation for the Holy Land, also experiencing in these days the wounds of ongoing conflict that do not spare the defenseless."

Israel's defense minister has rejected calls for an inquiry into the killings by the military during a Palestinian demonstration that turned violent at the Gaza-Israel border.

U.N. Secretary-General Antonio Guterres, Federica Mogherini, the European Union's foreign policy chief, and other leaders have called for an independent investigation into the bloodshed.

The pope also begged for peace for "the entire world, beginning with the beloved and long-suffering land of Syria, whose people are worn down by an apparently endless war."

"This Easter, may the light of the risen Christ illumine the consciences of all political and military leaders, so that a swift end may be brought to the carnage in course … " he said.

He spoke a day after the Syrian army command said it had regained most of the towns and villages in eastern Ghouta. Tens of thousands of people have now evacuated once-bustling towns in the suburbs east of the capital, which had nearly two million people before the start of the conflict and were major commercial and industrial hubs.

"May the light of the risen Christ illumine the consciences of all political and military leaders, so that a swift end may be brought to the carnage…"

Pope Francis

Francis called for international assistance for Venezuela, so that more people would not have to abandon their homeland because of the economic and political crisis.

He hoped the "fruits of dialogue" would advance peace and harmony on the Korean peninsula, where the two sides are set to hold their first summit in more than a decade on April 27, after North Korean leader Kim Jong Un pledged his commitment to denuclearization.

Francis, celebrating his sixth Easter as Roman Catholic leader since his election in 2013, urged his listeners to work for an end to the "so many acts of injustice" in the world.

He prayed the power of Jesus' message "bears fruits of hope and dignity where there are deprivation and exclusion, hunger and unemployment, where there are migrants and refugees — so often rejected by today's culture of waste — and victims of the drug trade, human trafficking and contemporary forms of slavery." REUTERS

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New report shows distracted driving going up nationwide

Cambridge Mobile Telematics released new data looking at the prevalence of risky distracted driving.

KRISTIN TOUSSAINT
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April is Distracted Driving Awareness Month. GETTY IMAGES

We've all heard of the dangers of texting, tweeting or doing whatever else on your cellphone while driving, but it seems people aren't heeding those warnings. Across the country, there's actually been an increase in people driving while distracted, according to a new report.

Cambridge Mobile Telematics (CMT), the company behind the tech in apps like Boston's Safest Driver, released data from a new analysis of more than 65 million trips taken by drivers in seven cities.

"We did a similar analysis last year, and last year we observed the percentage of trips with distraction across the nation was 31 percent," said Katherine Wellman of CMT. "This year, it's up to 36 percent. It's certainly increasing rather than decreasing, and that's

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disconcerting."

April is Distracted Driving Awareness Month, and Wellman hopes that by releasing this report, people can be more mindful of their own behavior.

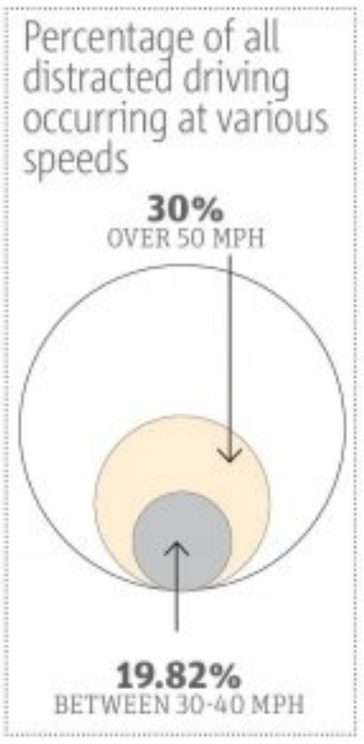
According to 2016 data, motor vehicle deaths increased 14 percent over two years, and distracted driving is a factor: drivers who have been in a crash exhibited 3.4 times more distraction while driving than the average driver, CMT found.

There are three main types of distraction behind the wheel: manual (like eating or holding a drink), visual (i.e., taking your eyes off the road to change the radio) and cognitive (when your mind isn't focused on driving).

"The concerning thing about smartphone distraction is that it actually usually includes two, if not all three, of these," Wellman said. "If people are manually holding their phone, looking down at it, thinking about what they're texting or reading, then all three of these are captured and as a result, it can be very, very dangerous."

But the issue isn't exactly that drivers are unaware of the potential danger. In fact, people are really concerned about others doing it.

In a recent CMT survey, people said the thing they fear most about other drivers on the road is that they'll be distracted. This fear tops concerns about others driving while drunk, Wellman said.



BY THE NUMBERS

30 percent
of all distracted driving occurs over 50 mph

19.82 percent
of distracted driving occurs between 30 and 40 mph

2.67: the number of seconds the average driver nationally is distracted per mile

3.77: the number of seconds Philadelphia drivers are distracted per mile

Nationally drivers are distracted for 36.06 percent of all trips

In Philadelphia drivers are distracted for 39.97 percent of all trips

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Philly celebrates at the 87th annual Easter Promenade

Mr. and Mrs. Cottontail were also on hand for family photos.

KAIT MOORE
letters@metro.us

A parade of adults and children in their Sunday best celebrated down South Street on Sunday for the 87th annual Easter Promenade. Once they reached Headhouse Square at Second Street, attendees gathered around a small stage.

A panel of judges was set to decide who was dressed best, based on various categories, including best-dressed little girl, best-dressed man or best-dressed pet. Contestants walked across the stage, strutting their best Easter-themed attire. Later, judges announced the winners.

For those not participating in the contest, Mr. and Mrs. Cottontail were at Headhouse Square for family photos. The family-friendly free event featured live music from Philadelphia's Freedom Band and the Bunny Hop. Magicians, street performers and a balloon-artist bunny on stilts were all part of the entertainment on Sunday.

Terry Gsell and Luis Martinez attended the parade as a way to celebrate moving to Philadelphia exactly two years ago. In large Easter-themed hats and colorful attire, Gsell and Martinez walked around sharing smiles and photos with other attendees who appreciated their Easter spunk. "We love it here. So far it's been great," Gsell said.

For Dan Lanzilloti, dressed in green pants, bright pink sunglasses and a hat full of fruit, the Easter Promenade is about making the day special for the kids who attend.

The Easter Promenade ran from 12:30 to 2:30 p.m., but many stayed on South Street afterward to sport their bunny ears and enjoy the early spring weather.

Magicians, street performers and a balloon-artist bunny on stilts were all part of the entertainment on Easter Sunday. KAIT MOORE

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Easter Sunday drew crowds to South Street for the annual Easter Promenade. ALL PHOTOS KAIT MOORE

The Easter Promenade ran from 12:30 to 2:30 on South Street.

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The City of Philadelphia is offering a program to forgive older unpaid parking tickets, as well as towing and storage fees. The program will be offered from March 1, 2018 until April 30, 2018. When you enroll in the program, you must first pay any tickets issued between 2013 through 2017. An option to enroll in a payment plan is available. If you have tickets 2012 or older, a $50 administrative fee is required. Once you pay these tickets, enter a payment plan, or pay the $50 administrative fee, any tickets you received before 2013 will be forgiven. The Parking Amnesty Program does not cover any traffic of moving violations.

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Writer and Director Olivia Newman.
GETTY IMAGES

Don't mess with Monique.
ALLPHOTOS PROVIDED BY NETFLIX

Ready to fight? NETFLIX

Hollywood needs to accept and embrace Netflix

The director of "First Match" insists her film wouldn't have got made without it

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"First Match" revolves around high school wrestler Monique's (Elvire Emanuelle) battle in the ring against male opposition, who she routinely beats with ease, as well as her attempts to forge a relationship with her estranged father Darrel (Yahya Abdul-Mateen II).

It turns out that Olivia Newman, writer and director of "First Match," was involved in similar inner battles throughout the development and production on the film, too. Not only has she had to fight for the chance to tell this story in the male-dominated cinematic field, but once she was given the opportunity to do so by Netflix, she had to weigh the pros and cons of working with the streaming website.

"First Match" was originally a short film; talk about its journey to feature.

I made the short film when I was a graduate at Columbia. Girls wrestling boys in high school was something I had been made aware of, and I became interested in who are these girls who want to do that. It had become a growing phenomenon, because there weren't enough girls who wanted to fight.

"We have to be open to different platforms for people watching our movies."

Do you see yourself in Mo?

I was a little bit of a tomboy growing up. I wanted to play sports with my older brother all the time, especially because I was athletic. But I was never as good. So I think when I saw these girls taking down boys on the mat there was something really inspiring to me. Because they were underestimated but proved themselves, and I am in a field that is dominated by men. I am constantly having to prove myself and make sure that I am taken seriously and that the stories I want to tell are taken seriously. There is a little bit of Mo in me. I feel like I am constantly trying to be heard and seen.

When did Netflix get involved?

We had spent a good year or so trying to raise money for the film. Then Netflix came in and gave us the financing just based on the merits of the script. They know they have a wide enough audience to find the specific viewers for anything. I didn't go into this movie thinking it would be a Netflix film. I am still adapting to this new model. Like any filmmaker I feel resistance. Because I want my movie to be seen on the big screen with a community. But at the same time I also want my movie to be seen. And I know I will get more people watching the film on Netflix over a movie theatre. We have to be open to different platforms for people watching our movies. It sucks when you hear that Cannes are no longer accepting Netflix movies. The independent film world is already shrinking because of box office numbers. Netflix keeps this kind of storytelling alive. It needs to be appreciated, not shunned. Because otherwise these films wouldn't have got made. We as filmmakers have to accept it and embrace it and figure out how to work within it.

WTF is cold-pressed juice?

And why does it cost so much damn money?

ALEXANDRA CAVALLO
letters@metro.us

There was a time — a gentler time — when the most complicated decision one had to make about juice was "with pulp or without." Juice was orange, or it was apple. Sometimes, but not often, it was grape. Pineapple? That was reserved for fancy drinks containing colorful umbrellas and served by pools.

Today, things are different. Reality stars are politicians, and juices are pressed.

But honestly, WTF does that even mean? As the cold-pressed juice revolution takes over cities and strip malls across America, we thought we'd lay out a quickie primer on the trend.

It ain't Jamba
Cold-pressed juice is not the same thing as a smoothie. It doesn't involve yogurt or milk of any kind.

It's kind of complicated!
Pressed juice is named as such because it is literally made using a hydraulic press to extract pure juice from a variety of fruits and vegetables. This method ensures that you get the maximum amount of juice out of the fruit or veggie you're pressing.

Sip it down, son.
ALL IMAGES ISTOCK

Hmm, ok. But what the heck is a hydraulic press?
It's a device that uses thousands of pounds of water to exert pressure on an object, in this case a fruit or vegetable. It operates as a lever of sorts. Fun fact: A hydraulic press used to be known as Bramah press, after the dude who invented it in 1795, Joseph Bramah. Not known whether or not he was a juicer.

So this newfangled fad uses super old technology?
Yep!

Got it. So why is it better than juice that was just squeezed, or whatever?
Other than being less wasteful than other methods, since you get the most bang for your buck (or juice for your press), cold-pressed juice actually is better for your body. Unlike other juicing methods, cold-press doesn't require any additional heat or oxygen, which basically means that no nutrients are lost.

But you have to drink it fast, because cold-pressed juice, in its natural form, is only good for about 3 or 4 days max.

This is because cold-pressed juice is not pasteurized in any way (which is a good thing). But that also means that some nasty microbes can start to invade the juice if you don't drink it fast.

Um, ew. So should people be worried about accidentally buying it past its drink-by date?
No! That's just if you were to make it at home. All the major cold-pressed juice shops and manufacturers have a special process to ensure that the juice actually has a shelf life of 30 to 45 days!

Which is?
After the juice is extracted and bottled, the juice is submerged in very cold water under very high pressure to kill any pathogens.

All that said, cold-pressed juice is expensive as hell.
A single serving (16 ounces) of cold-pressed juice can cost a cool 10 bucks! For comparison, a 59 ounce bottle of Tropicana OJ runs you less than $5. So, your call, moneybags.

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JIM NEWMAN is founder and Principal at Linnean Solutions. He helped found the Massachusetts Chapter of the USGBC and held the position of Chair of the Board of the Chapter for two years. Jim is a founding Board member of a the Resilient Design Institute. Created by Alex Wilson of BuildingGreen, the organization pursues research and education on resilience in the built environment. Jim is also a Board member of CLEAR, the owner of the LENSES regenerative development framework. Previously, Jim worked as the Director of Strategy at BuildingGreen.

Panelists

Christine Knapp
Director of Sustainability, City of Philadelphia

Brett Fusco
Manager, Office of Long-Range Planning,
Delaware Valley Regional Planning Commission (DVRPC)

Thomas Flaherty
Deputy Director for Planning and Policy, Energy Coordinating Agency (ECA)

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Lay down some roots, Pennsylvania.

Get a free tree, Philly!

Tree Philly wants to make us the city of "arborly" love.

JENNIFER LOGUE
jennifer.logue@metro.us

Free tree? Yes, please. There's a Philly program that gives away thousands of free trees each year and it's called Tree Philly. So if you are lucky enough to have the soil-space, it is all yours.

A part of Philadelphia Parks & Recreation, they've been giving away trees since February 2012 to Philadelphians all over the city, with the help of Fairmount Park Conservancy and TD Bank.

"We've given away 20,000 trees in that time," says Erica Smith Fichman, Tree Philly program manager. "This year, there are 14 different types of trees available, from large shade trees to flowering trees to fruit trees."

The free tree initiative is part of the city's goal of reaching a 30 percent tree canopy in each neighborhood. That means when you look up, a third of the time you should see trees.

"The point of focusing on canopy versus the number of trees is because the canopy is what does all the work," says Fichman. "It captures all the rain before it hits the ground, and helps reduce flooding. The canopy also captures particulates and cleans

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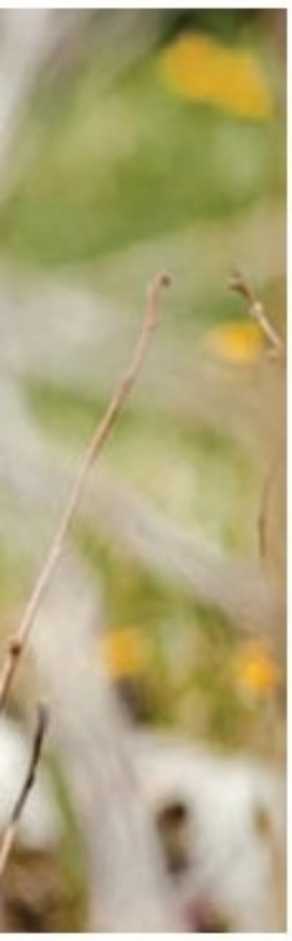

ALL PHOTOS TREEPHILLY

our air, provides shade and protection."

So how do you get a (free!) tree? From April 4 through May 9, 12 different tree giveaway events will be held in various neighborhoods throughout the city, in partnership with 20 different community groups. You'll need to register for a tree in advance on the website, however.

"Our signature event in Cobbs Creek on April 14 has 300 trees available, but there are plenty of other events. Go to one close to where you live in your community."

If you're hesitant about picking up a tree because you don't know how to plant one, don't worry. You'll be taught how.

"At each event, we'll have a demo on how to plant and care for your tree and you'll also take home a booklet as well as a free bag of mulch," Fichman says.

And if space is a concern, Fichman has the following recommendation: "Depending on the size, you want to plant it at least five inches from any structures, like your house, or even fences," she says. "You also want to make sure you're not planting it under any overhead wires, because that can cause problems."

For more information on tree giveaway events near you, and to register, visit treephilly.org.

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JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

PODCASTS

Business Wars

I throw the Business section of the paper into the dog-poo-pile quicker than I do the ads and coupons, and never expected to be interested in a podcast about big businesses. But SURPRISE! The backstory on how Netflix nailed Blockbuster's coffin during a snowy VIP encounter in Colorado — WHAT? Or the punch-ups between Adidas and Nike, let alone DC and m-f-ing MARVEL? These are super interesting tales, and they shape the world as we know it, as people who spend money on, well, fun things like movies and sneakers. So check out Wondery's "Business Wars" STAT.

Skimm'd from The Couch

My workdays start with a skim of a week-daily email from "the-Skimm," a super conversational nugget of all the news that happened while I was working or drinking or dozing but should be aware of for the day ahead. And they've just launched a podcast called "Skimm'd from The Couch," in which the founders field questions and lead discussions on issues that are especially pertinent to women — though still of interest to this guy.

MUSIC

Casey Abrams

I don't watch "American

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Radio mystery shows have gotten heaps better over the last 50-odd years. ISTOCK

Idol," so learning that this talented 20-something ginger was on TV in 2011 came as a bit of a shock. But his talent and tunes mean he'll be on my future shuffle. If the idea of a Dave Matthews Band / Frank Sinatra / Ed Sheeran mash-up works for you audibly, tunes with lyrics like "I'm high on love and drunk on you" make for great jazzy background music. And foreplay. Which, in my mind, should always have background music.

SXSW: The Austin 100

"Pop Culture Happy Hour" is a fave podcast of mine, and regular contributor Stephen Thompson has recently made available his Austin 100. GOLD. Thompson listens to more music, across every genre, than anyone you know, and he compiles an annual reflection of the best 6-plus hours from SXSW. Then makes it available, for free. This is your in to kinds of music you'd never normally listen to, but then find yourself becoming a super fan of.

RADIO STORY

The Walk

Did you like "Homecoming," that office-drama-that's-meant-to-be-a-conspiracy-theory-thriller podcast series, inexplicably starring David Schwimmer and woman-of-my-dreams Catherine Keener? I did, too! Well, the latest, newest take on the oldest form of audio drama is called "The Walk," in which you, the listener, get a weekly bit of adventure as you personally get yourself to work as your character walks across the UK in hopes of saving the planet from forces you don't know a thing about. Until you do. Spooky!

BOOKS

A Day in the Life of Marlon Bundo

John Oliver is an f-ing genius. Upon learning that Vice President and Super Scary Person Mike Pence had a children's book ("Bunny of the United States"), the satirist released an alternative version about Marlon — a boy bunny who falls in love with another boy bunny. Voiced by Jim Parsons, Jesse

You can also overpower a snorer. ISTOCK

Tyler Ferguson, Ellie Kemper, John Lithgow and more, this is a very enjoyable hop as you mop (or whatever you do while you listen to audio books). If you pay for this rather than enjoying during a free trial, know that your cash is going to the Trevor Project and AIDS United.

BED

Rain Sounds

This free app appeals to both travelers-to-dreamtown and jetsetters alike — choose between the trickle of an alpine stream in Austria or some brutal waves in Australia as the background for a very sound sleep (plus lots more — rain on a tin roof, a winter whirl of wind, etc.). Believe you me, I'm not headed to either "Aus-" anytime soon, but to overpower an overnight guest's snores or the blaring of a fire siren on the street, this can't be beat.

This is not a paid post, so you can find the above on your favored podcast directory, Spotify, YouTube, NPR, a free trial of a service like Audible, or wherever you down-listen. Because not paying for things is awesome.

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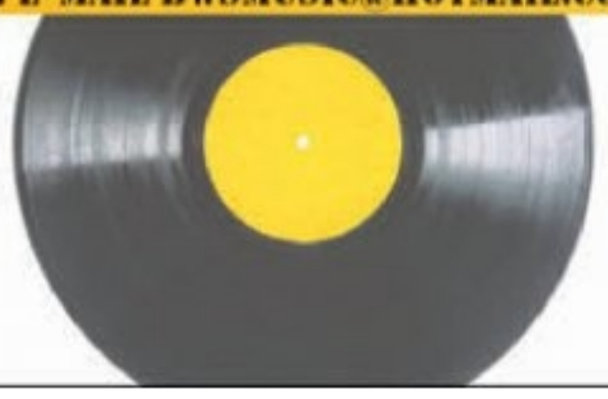

Edie Falco: 'Outside In' in the age of #MeToo

"The Sopranos" actress talks about her new film and that she could've played a mob wife forever.

GREGORY WAKEMAN
GregoryWakeman@metro.us

GETTY IMAGES

Edie Falco isn't one to open up about her acting process. Especially because, according to the actress, she doesn't actually have one.

Instead "The Sopranos," "Oz" and "Nurse Jackie" star Falco recently told Metro that she only comes alive when she's in front of the camera.

I had the honor of talking to Edie Falco about her new film "Outside In," in which she plays a high school teacher who strikes up a complicated friendship with one of her former students who has just been released from prison. We also touched upon motherhood, not being typecast and the aftermath of the Me Too movement.

What first attracted you to "Outside In"?
The first thing I remember hearing about it was Jay Duplass was involved, and we had worked together on "Landline." When you meet someone good you don't want to let them go.

What's your process?
I don't know that I even have an acting process. I read it, and I am moved by it. And at some point along the way I meet the actors I'm going to work with, and the director, and then the next thing I know I'm shooting. That's when it comes alive for me.

"Outside In" is about a mother becoming ... selfish ?
I think that's a typical mom thing. Once you're deep into parenting, you realize that your needs are not really the first thing on your mind. It's just the nature of the beast of keeping your species going. But, then, once your kids are older, you realize that you've been neglecting yourself, and that you won't have a life when these kids grow up.

Your character especially doesn't want to just coast through life — how've you avoided that as an actress?
If I wanted to I could've spent the rest of my life playing mob wives, thinking about how many scripts I've gotten. But there's something inside of me that's interested and hungry for other things. I always want to do something different. I've been lucky enough to come across stuff along the way where each role is different from the last one. I'm thrilled to be able to keep doing it.

Do you feel like you've seen change in the wake of the 'Me, Too' movement?
It's a little early to say. As far as the scripts that should come out of this, though, I am looking forward to a whole new flavor of material. But it's just the nature of the beast of a culture. It has a life, it has its own atmosphere. This is how people work through stuff.

"Outside In" is in theaters now.

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Does the United States have an Adderall problem?

The director of "Take Your Pills" talked to Metro about the Netflix documentary.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Director Alison Klayman immediately knew that a documentary on the use of Adderall in the United States would make for a potent and timely film. That only became more and more apparent as she started to develop "Take Your Pills" over at Netflix, as several of her very good friends opened up about their intake of the drug.

How did you become interested in the film?
This was one of the first projects that Netflix wanted to do in the documentary features space — they came to me in 2015, and it takes a while for documentaries to be made. They spoke to Maria Shriver and Christina Schwarzenegger, who had her own history with Adderall. I knew a lot of people who had experiences with the drugs, and it led to further questions. What makes this specific drug so prevalent? And what does that say about us?

The story is a particular American story. The diagnosis of ADD and ADHD, and the subsequent prescription of these drugs, is on the rise around the world. The prevalence of it is very much an American story, and it felt as though it had a lot to say about America now. America has had a long affair with speed, which is documented in the film, too.

"The diagnosis of ADD and ADHD, and the subsequent prescription of these drugs, is on the rise around the world. But it is starting from a much lower number than it is in the US."

Do you feel like it is one that is only going to get worse?
The political conversation in the wake of the 2016 election was happening alongside the making of this film. In the political arena there was a lot of discussion about voters feeling anxious and feeling concern for "The American Dream" and how difficult it can be. In the research for this film, we talked to over 100 people across all breadths of life from across different parts of the country and they all had these feelings of pressure and they wanted to use whatever they could to get ahead to. That really came to the fore in the research. That's not to say that the drug caused these concerns. Or that the drugs are responsible for a relentless pursuit of success. Or working longer. Or even inequality. But the point is that these drugs exist on top of a system that is rife with these issues and so it really is part of the story. Especially because these drugs are only going to stay available to people.

Was it hard to stay impartial?
One of my biggest guidance principles for this film was being non-judgmental. For me this film isn't about ADD or ADHD, and a film cannot refine or evaluate your medical diagnosis and whether you should take your medicine. But at the same time we need to destigmatize our conversation around the drive for these medications. Which includes whether they are prescribed or whether you are taking them off-label. Are there other ways for us to measure success, let alone help us get there. I hope those are the conversations that come out of this film. Rather than who needs it and who doesn't. Because that's a very complicated question that I don't have the answer to. But recognizing that this is all a topic of conversation is an important first step. *"Take Your Pills" is now available to watch on Netflix.*

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Meet this adorable British polar bear cub

GETTY

First polar bear born in the UK in 25 years

The first polar bear in 25 years to be born in captivity in the U.K. has shown his adorable face at the Royal Zoological Society of Scotland's Highland Wildlife Park. Although he was born before Christmas, the cub didn't emerge for weeks, but now, according to the zoo, the tiny polar bear is moving around "confidently." His mom, Victoria, couldn't be happier. MWN

30,000

is the estimated world population of polar bears.

"Both mum and cub appear to be doing well, though this is still a sensitive time and they need as much peace and quiet as possible"

Una Richardson, the park's head keeper responsible for carnivores, stated. Also? Being responsible for carnivores sounds both scary and sexy.

The female polar bear and her new cub walk around their enclosure. GETTY

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Pay down your credit card debt now

You're cash strapped from school. So what's the smart thing to do? ISTOCK

NerdWallet is a personal finance website.

It's a marathon, not a sprint.

It took roughly two years to pay off the final $7,500 she owed in credit card debt, estimates Kumiko Ehrmantraut, founder of The Budget Mom, a personal finance blog. But she was able to do it in part because she got serious about a certain pastime: running.

"I'm a long-distance runner, and running is free," she says. "So instead of shopping on Saturdays — which I would usually do, I'd go to the mall specifically looking for clothes — I would go on a two-hour run." The money she saved by not shopping helped her pay off debt faster.

For folks paying off debt, Ehrmantraut's approach — that is, replacing an expensive hobby with an inexpensive one — is a brilliant psychological sleight of hand. It also highlights an important point: Paying off credit card debt is hard work, but it doesn't have to feel tedious. These tricks can help you tackle your debt with less effort.

1 Transfer your balance

To bring your balance down faster, initiate a balance transfer, in which you move your debt to a credit card with an introductory 0% APR period. This can help your debt disappear faster, even if you keep making the same payments each month, because you're not racking up interest during the promotional period.

2 Automate

Saving money is easiest when you don't have to think about it, Ehrmantraut found. That's why she began automating it while paying off debt.

"Every paycheck, I'd have $50 automatically moved from my checking account to my savings account," Ehrmantraut says. "And as soon as that account hit $300, I'd make a credit card payment."

3 Snowball

Your debt payoff goals might be big and ambitious, but sometimes it pays to start small.

"Setting goals to pay off small accounts and celebrating those successes can help you go a long way in paying off your debt," says Jim Triggs, senior vice president of counseling at Money Management International.

This strategy, dubbed the debt snowball method by personal finance guru Dave Ramsey, might not seem like the most mathematically sound approach. No matter their size, your highest-interest debts will likely be the costliest. But paying off debts from smallest to largest might give you the momentum you need to keep going.

4 Painless spending cuts

For Carrie Smith Nicholson, of Denver, a change in diet made it easier to save money and pay down debt. After going through a divorce, she paid down $14,000 in 14 months by working three jobs and aggressively cutting costs. Of all the changes she made, not buying red meat at the grocery store was a relatively painless one.

"It was a little bit challenging, but it wasn't too bad," Nicholson says, noting that red meat is typically more expensive than chicken, fish and vegetarian options. "I'm automatically drawn to more of a chicken- and fish-based diet anyway."

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BIOTRIAL

Math, momentum favors Villanova over Michigan

Can the Wildcats shoot the lights out again Monday night in the National Championship Game?

JON MARKS
@MetroPhilly
sports@metro.us

There's any number of reasons Jay Wright has Villanova back in the NCAA championship game and going for its second title in three years against Michigan tonight, after the Wildcats disposed of shell-shocked Kansas, 95-79, in the Final Four national semifinal late Saturday night in San Antonio.

And while their defense and rebounding are beyond dispute and they can move the ball and find the open man better than anybody, the key to their success really comes down to one basic thing: math.

Never was that more apparent than watching Nova systematically take apart the Jayhawks, who offered only sporadic resistance once the Wildcats broke out of the gates, 22-4, in the first seven minutes. Each time Kansas tried to muster a rally with a layup or short jumper, Villanova had the answer. And more times than not it was worth three points, as the 35-4 Cats not only shattered the Final Four single game record with 18 3-pointers, but passed VMI for the all-time mark in a season. They're now at 454 — and counting.

Somewhere along the way, Wright figured out that making a bunch of threes was more beneficial than all the layups in the world. When you factor in the kind of stifling defense Nova plays across the board, but particularly in the interior with Omari Spellman and Eric Paschall, it means getting behind Villanova will usually prove fatal.

"Obviously we're very talented offensively," said All-America guard and AP Player of the Year, Jalen Brunson, one of seven Cats to drain treys against the helpless Jayhawks, who were nowhere near the team that knocked off Duke for the Midwest championship. "We have a lot of weapons, but when it comes to us staying together on defense, that's what makes it special. We're going to keep getting better and keep getting better tomorrow and be ready for Monday."

That's what John Beilein's Wolverines will be up against after Michigan burst media darling Sister Jean and her Loyola of Chicago's bubble, 69-57 in Saturday's opener. Loyola made just one trey against the Wolverines, who weren't all that efficient themselves, shooting just 42.4 percent, only 25 percent beyond the arc.

It's Michigan's second time in the title game in the last six years, the Wolverines falling to Louisville 82-76 in 2013. For Villanova, going for its second crown in the last three years, this will be the fourth time in the Big Game.

But you'll only find three in the record books. Jack Kraft's 1971 team's appearance was vacated following their 68-62 loss to UCLA when it was subsequently discovered star Howard Porter had secretly signed a contract with the ABA Pittsburgh Condors during the season.

The Wildcats made it back in 1985 when Rollie Massimino's Cats stunned heavily favored Georgetown, led by Patrick Ewing, 66-64 for the school's first title. Along the way, they pulled a early surprise, upsetting Southeast Region top seed Michigan, 59-55 in the second round.

That's the only time they've ever met in the tournament and this will be only their fifth time they've gone head-to-head, Nova's 60-55 early season win in 2014 giving them a 3-1 advantage. Of course, none of that will mean a thing Monday night in the Alamodome, where Villanova dispelled the common theory teams just don't shoot well in such a setting, going a gaudy 18-for-25, 72 percent on two-point attempts, to go with their blistering 18-for-40, 45 percent from long distance.

Chances are they'll cool off a bit against a 33-7 Michigan team that needed Jordan Poole's 3-point buzzer beating prayer to get past Houston in the second round. The Wolverines have been on a roll since, largely thanks to their rugged defense and the inside play of center Mo Wagner.

But they're no "Fab Five," with a Chris Webber or Jalen Rose, meaning Michigan usually has to beat you with its physical play and grinding defense. It worked against teams like UCLA, Purdue and Michigan State twice, but Villanova is a different breed of Cat. The Wildcats can do much more than shoot the rock, their defense holding opponents to just 42.8 percent, while hitting 50.1 percent themselves. More telling is the 3-point disparity, 454-269, which accounts for a whopping 86.8-70.4 point differential.

"We've had some good ones, but this is definitely our best offensive team," said Wright said following Nova's 28th double digit latest win, 23 of them by at least 15 points. "We shoot them up and we sleep in the street. Sometimes they go in. Sometimes they don't. This is one of those nights where everything went in."

For Villanova, that's been the rule this season rather than the exception. Tonight, taking nothing for granted, they go for all knowing full well one thing: The math favors them.

The Wildcats and Wolverines tip off just after 9 p.m. on CBS Monday. GETTY IMAGES

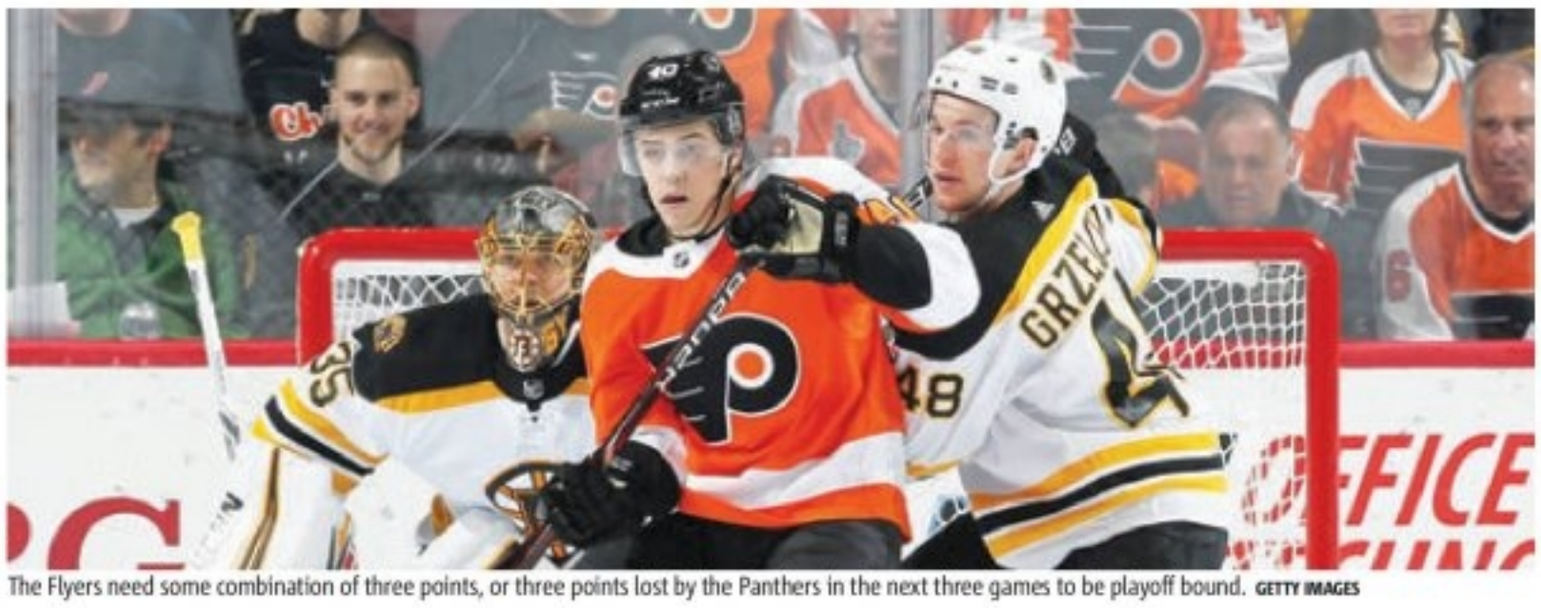
Sixers win 10th straight game

The Sixers won their 10th straight game (as Joel Embiid watched from home — with his rehabbing eye socket), demolishing the Hornets in Charlotte, 119-102.

True teamwork was the name of the game Sunday, with 36 assists propelling Philly to a 46-30 (their best mark since 2003) record with six games left to play.

Ben Simmons had 20 points and 15 assists to lead Philly, who will host the Nets on Tuesday.

Bruins continue doing Flyers favors as playoff berth nears


The Flyers need some combination of three points, or three points lost by the Panthers in the next three games to be playoff bound. GETTY IMAGES

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Stanley Cup Playoffs begin
April 11

The Flyers reduced their magic number to lock up a playoff berth to three points over the holiday weekend, thanks almost entirely to the Bruins and a resurgent Petr Mrazek.

Boston did them a huge favor by sacking the Florida Panthers, 5-1, on Saturday, and then on Sunday lost to the Flyers and a sharp Mrazek, 4-3, in overtime. It gave the Flyers 94 points and an eight-point cushion over the Panthers, who have played two less games, heading into the final week of the season.

Any combination of the Flyers picking up three points in their three remaining games or the Panthers surrendering three points, via a regulation loss or in overtime, would clinch their first playoff spot in two years.

"Every game is big right now," said Nolan Patrick, who scored his 11th goal of the season. "The playoff push is tight and every point is huge."

Mrazek made 36 saves, including a handful of brilliant ones, and turned in his second straight strong performance.

It was the kind of laser-focused game the Flyers have been looking for from Mrazek, who has been mostly disappointing and inconsistent since arriving from Detroit in a trade in February. He also turned aside all 17 shots after replacing Michael Neuvirth, who suffered a lower-body injury, midway through the second period last Wednesday against the Colorado Avalanche.

"We knew we would need a great goaltending performance today," said Flyers coach Dave Hakstol, whose team is tied with the Columbus Blue Jackets for third place in the Metropolitan Division. "We got a great one from him in Colorado and that led right into today. He had two or three great saves and it was huge for our hockey team."

With Brian Elliott scheduled to return this week from a six-week absence, rookie Alex Lyon and even Neuvirth if his injury isn't serious in the mix, the Flyers will have four goalies to choose from to name to the roster for the first round of the playoffs.

They can only carry two and Mrazek is trying to keep his name at, or near, the top of the list. He should get at least one more opportunity to showcase himself on Tuesday against the New York Islanders. Ideally, the Flyers would prefer Elliott, who practiced with the team on Saturday, to play in the final two games, if possible.

"I don't think about it like that," Mrazek said. "We are going game-by-game right now. We know what is on the line. If I get the chance to play, I am going to play my best and show through my performance how I can play."

Note: Claude Giroux's goal in the first period set a career-high in points with 94 and extended his scoring streak to seven games. He also scored the game-winner in overtime.

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NOTICE OF PUBLIC HEARINGS

Fiscal Year 2019 Operating Budget and Fiscal Years 2020 – 2024 Financial Plan

The Southeastern Pennsylvania Transportation Authority (SEPTA) has scheduled public hearings on SEPTA's Proposed Operating Budget for the Fiscal Year ending June 30, 2019 (Fiscal Year 2019) and the Five Year Financial Plan.

THE SCHEDULE OF PUBLIC HEARINGS WILL BE HELD AS FOLLOWS:

Delaware County Court House/Government Center Building
County Council Room – 1st Floor
201 W. Front Street
Media, PA 19063
Wednesday, April 18, 2018-2:00pm & 6:00pm

Bucks County Free Library
Pearl Buck Room
150 S. Pine Street
Doylestown, PA 18901
Thursday, April 19, 2018-2:00pm & 6:00pm

Spellman Building
Council Meeting Room
829 Paoli Pike
West Chester, PA 19380
Friday, April 20, 2018 - 2:00pm & 6:00pm

Southeastern Pennsylvania Transportation Authority
Board Room – Mezzanine Level
1234 Market Street
Philadelphia, PA 19107
Monday, April 23, 2018
11:00am & 5:00pm

Montgomery County
Human Services Center
Community Room – Main Floor
1430 DeKalb Street
Norristown, PA 19404
Tuesday, April 24, 2018
2:00pm & 6:00pm

Persons wishing to file written comments may forward them to the Director of Operating Budgets, Southeastern Pennsylvania Transportation Authority, 1234 Market St., 9th Floor, Philadelphia, PA 19107 by April 30, 2018 so that they may be forwarded to the Hearing Examiner. Comments can also be sent via email to **operatingbudget@septa.org**.

Persons desiring to present extensive comments and testimony are encouraged to do so in writing as the time for individual testimony may be limited in order to accommodate all who wish to speak.

SEPTA will provide a sign language interpreter at the public hearings upon written request received no later than April 1, 2018. Written requests can be mailed to the Director of Operating Budgets at the address above.

Members of the public may obtain a copy of the proposed Operating Budget and Financial Plan at SEPTA's website **www.septa.org** or by requesting, in writing, a copy from the Director of Operating Budgets at the address listed above.

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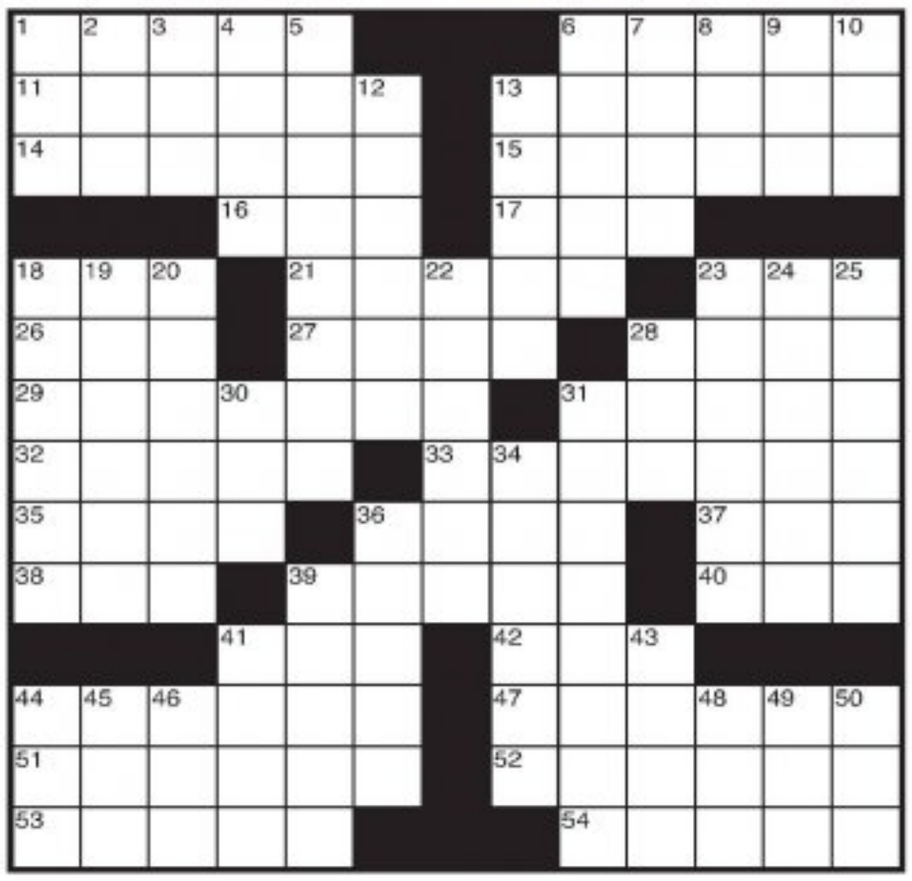

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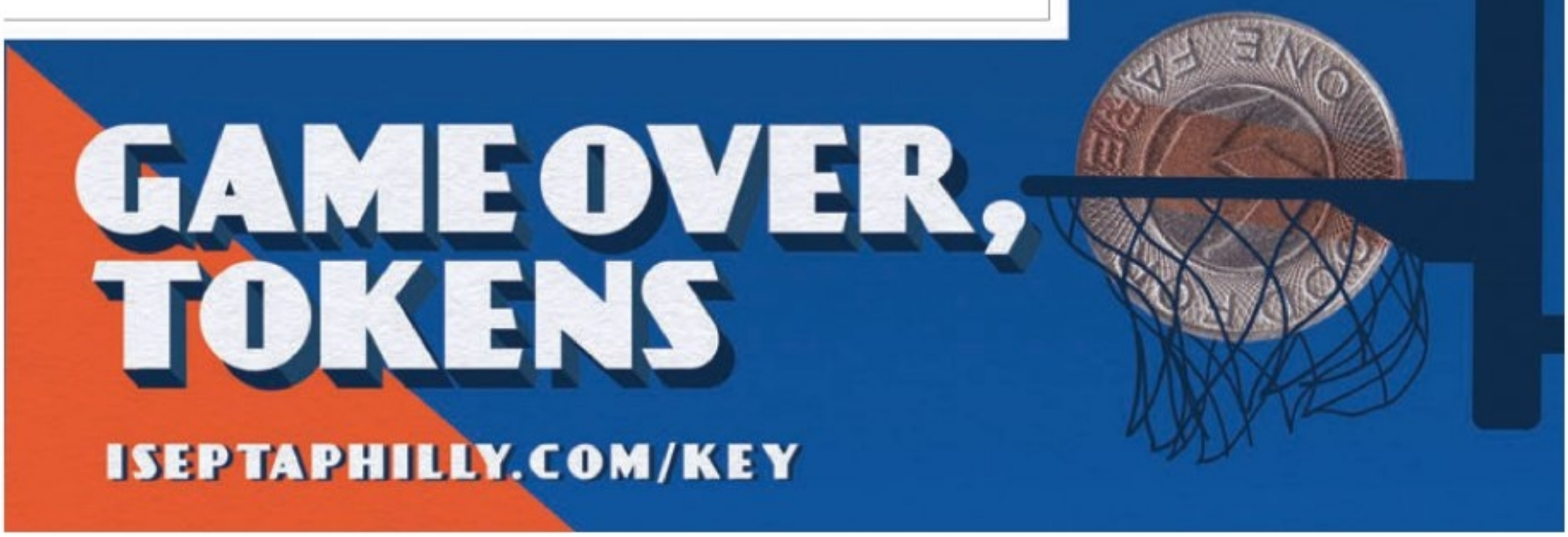

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